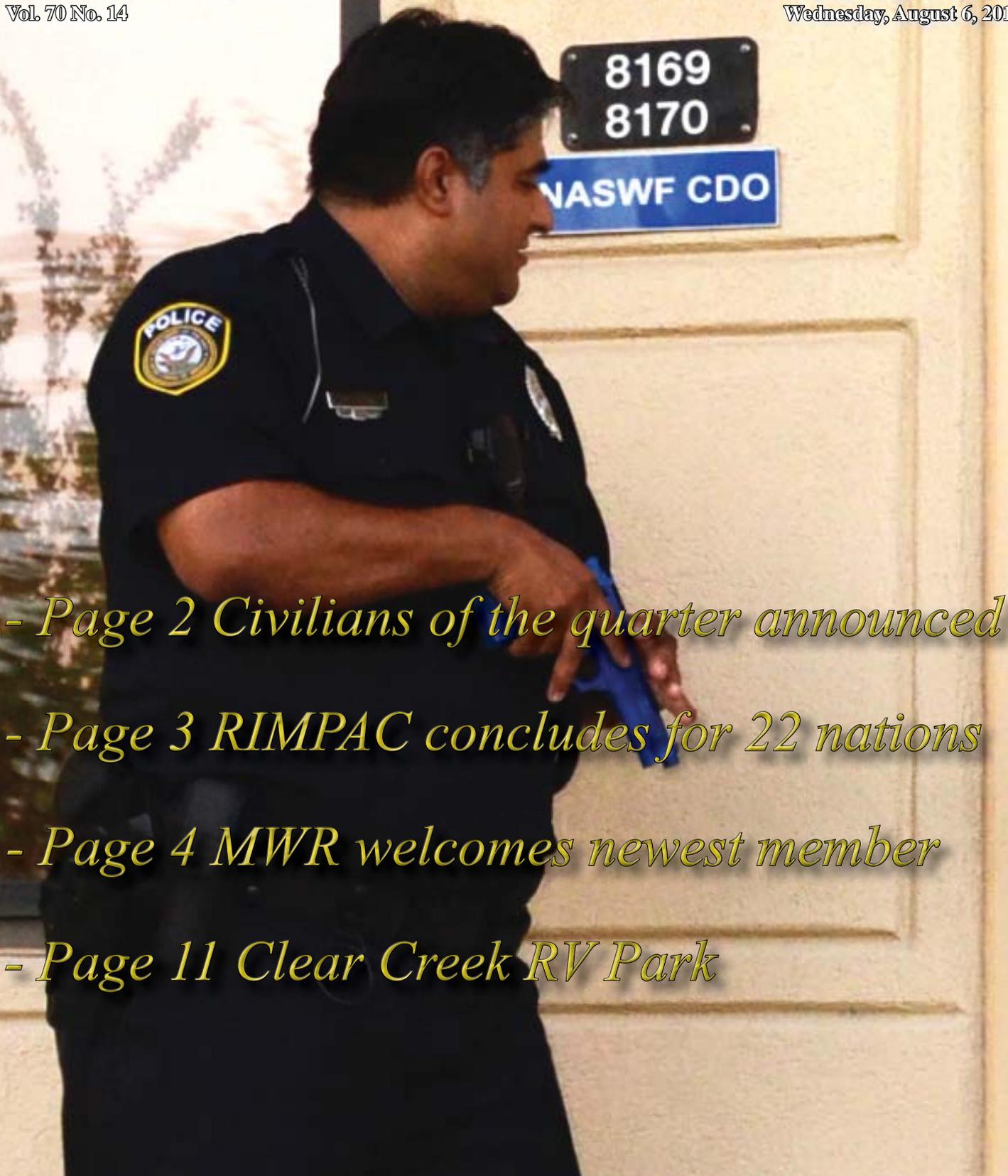


Whiting Tower

Seventyone Years of Aviation Training News

Naval Air Station Whiting Field, Milton, Fla.
Vol. 70 No. 14

Forging Wings for the Fleet
Wednesday, August 6, 2014



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Whiting Field holds sexual assault response drill

By Jay Cope, NAS Whiting Field Public Affairs

Navy Region Southeast's recent Regional Operational Assessment and Assistance Program (ROAAP) inspection provided Naval Air Station (NAS) Whiting Field another opportunity to test the installation's ability to respond to and help aid a sexual assault victim. NAS Whiting Field has held three drills in the past twelve months with an emphasis on improving the base's readiness and response to aid potential victims of this awful crime.

The July 24 drill scenario involved testing Whiting Field's response teams to two different events occur-



Firefighters from Fire and Emergency Services Gulf Coast participate in an exercise simulating a helicopter crash at NAS Whiting Field. The exercise was part of the ROAAP inspection that took place on July 25. US Navy Photo by Lt. j.g. Brett Resue

ring simultaneously. The first drill involved an aircraft fire with multiple injuries, followed in just a few minutes by an alleged sexual assault with the suspect then barricading himself in a barracks room with a handgun.

The initial drill tested communication procedures, fire and emergency service response times, security protocols, and more, but it was a routine drill that served as a prelude to the second drill that commenced before the first drill concluded. That forced on-scene personnel to make priority decisions, reallocate scant resources, and tested the ability to respond to multiple events at

- (Cont. on Page 8)

Cover Photo: Police Sergeant Todd Martin and Patrolman Luis Beltran of the NAS Whiting Field Security Department prepare to enter the room where the suspect took refuge during the SAPR response exercise of the ROAAP inspection on July 25. US Navy Photo by Lt. j.g. Brett Resue

Top NASWF civilians named for third quarter

By Nathan A. Boyar, 1st Lt. USMC

Two Naval Air Station Whiting Field civilians have been recognized as the top performers for the 3rd quarter 2014. The Civilian of the Quarter awards program is designed to give recognition to the top performing junior and senior civilians working at NAS Whiting Field.



Lori Howell
Junior Civilian of the Quarter

Lori Howell earned Junior Civilian of the Quarter recognition for her work as the management assistant for the NAS Whiting Field Administrative Department. Alec Granderson was named the Senior Civilian of the Quarter. Granderson is an air traffic control specialist for NASWF Operations.

Howell currently maintains five databases for administrative functions. During this quarter she developed

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The Whiting Tower

Commanding Officer

- Capt. Matthew Coughlin

Executive Officer

- Cmdr. Gregory Gray

Command Master Chief

- Command Master Chief (AW/SW) Alton Smith

Public Affairs Officer

- Jay Cope

Public Affairs Staff

- Ensign Josh Lamb

- Lt j.g. Brett Resue

-1st Lt. Nate Boyar

The Whiting Tower is an authorized publication for members of the Naval Air Station Whiting Field team, tenant commands, their family members and retirees in the surrounding area. The contents of this publication do not necessarily reflect the views of the U.S. Government, the Department of Defense or the Department of the Navy, and do not imply endorsement thereof. The editorial content is prepared, edited and provided by the Public Affairs Office of Naval Air Station Whiting Field.

RIMPAC concludes with enhanced cooperation among 22 nations

By Mass Communication Specialist 2nd Class John Sorensen

PEARL HARBOR (NNS) -- The world's largest international maritime exercise, Rim of the Pacific (RIMPAC) 2014, concluded with the participation of 22 nations, 49 surface ships, six submarines, more than 200 aircraft and 25,000 personnel in and around the Hawaiian Islands and Southern California, August 1.

Hosted by U.S. Pacific Fleet, RIMPAC 2014 was led by U.S. Vice Adm. Kenneth Floyd, commander of the U.S. 3rd Fleet (C3F), serving as the combined task force (CTF) commander. RIMPAC is designed to enhance cooperation of the combined forces and improve individual war fighting competencies.

"The relationships that are forged at RIMPAC



PACIFIC OCEAN (July 25, 2014) Forty-two ships and submarines representing 15 international partner nations maneuver into a close formation during Rim of the Pacific (RIMPAC) 2014. Twenty-two nations, more than 40 ships and six submarines, more than 200 aircraft and 25,000 personnel are participating in RIMPAC exercise from June 26 to Aug. 1, in and around the Hawaiian Islands and Southern California. The world's largest international maritime exercise, RIMPAC provides a unique training opportunity that helps participants foster and sustain the cooperative relationships that are critical to ensuring the safety of sea lanes and security on the world's oceans. RIMPAC 2014 is the 24th exercise in the series that began in 1971. (U.S. Navy photo by Mass Communication Specialist 1st Class Shannon Renfroe/Released)

span oceans and years," said Floyd. "RIMPAC is a unique opportunity for us to get to know each other, to train together, and provide some level of trust when we are out on the high seas together in the future. It is the only exercise that can do so to this scale."

This year's exercise included units and personnel from Australia, Brunei, Canada, Chile, Colombia, France, India, Indonesia, Japan, Malaysia, Mexico, Netherlands, New Zealand, Norway, People's Republic of China, Peru,

the Republic of Korea, the Republic of the Philippines, Singapore, Tonga, the United Kingdom and the United States. The training syllabus included amphibious operations, gunnery, missile, anti-submarine, and air defense exercises, as well as military medicine, humanitarian assistance and disaster response, counter-piracy, mine clearance operations, explosive ordnance disposal, and diving and salvage operations.

- (Cont. on Page 5)

This Day in Naval History

August 8 1972 - Women authorized for sea duty as regular ship's company

August 9 1945 - Atomic bomb dropped on Nagasaki, Japan. Navy weaponeer arms the atomic bomb.

August 12 1957 - In first test of Automatic Carrier Landing System, LCDR Don Walker is landed on USS Antietam.

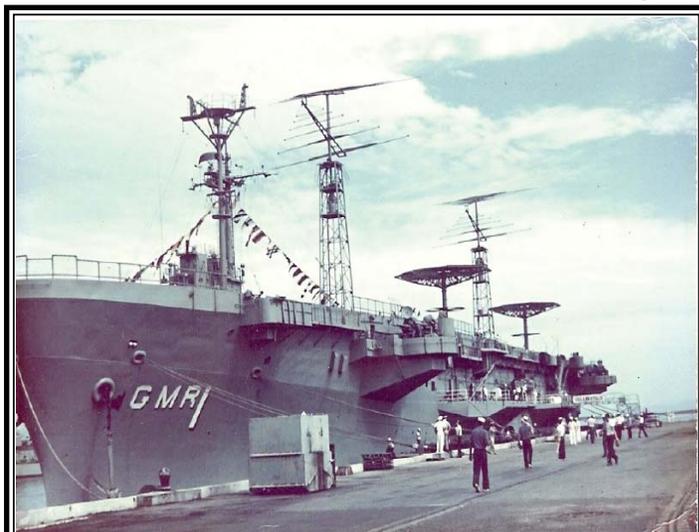
August 13 1870 - Armed tug Palos becomes first U.S. Navy ship to transit Suez Canal

August 14 1945 - Japan agrees to surrender; last Japanese ships sunk during World War II (15 August in DC)

August 18 1966 - First ship-to-shore satellite radio message sent from USS Annapolis in South China Sea to Pacific Fleet Headquarters at Pearl Harbor

August 19 1818 - CAPT James Biddle takes possession of Oregon Territory for U.S.

August 20 1969 - Navy Seabees and sailors from Helicopter Training Squadron Eight (HT-8) evacuated 820 people from Pass Christian, MS after Hurricane Camille.



USS Annapolis tied up at Gitmo, Cuba in 1964 or 1965 was the first ship to successfully communicate from ship to shore through the use of satellite communications. Photo by Bill Wood

MWR welcomes newest member to Whiting Field

By ENS Joshua Lamb, NAS Whiting Field Public

It's early in the morning and you don't have time to pack a lunch before coming on base, this is a dilemma many have faced at one point or another and with a busy work schedule it can be difficult to find time to eat something besides fast food.

To help prevent people from having to rush back into town for food Naval Air Station Whiting Field (NASWF) offers Subway, Mulligan's Grill at the golf course, the Southfield snack bar, the bowling alley, and the occasional burger burn. While great options, these locations offer similar menus and may not provide the variety everyone would prefer.

Since Jocelyn Sanchez took over as the new Moral, Welfare, and Recreation Food and Beverage Manager, she has worked diligently to alleviate this issue.

"I want to increase the quality as well as the variety of menu items and services provided by the food and beverage facilities located on base." Sanchez stated.

Changes have already begun, with a new menu of daily specials instituted at Mulligan's. This new menu now includes daily themed lunches with Monday being Asian, Tuesday's Mexican, Wednesday's Fried Chicken, Thursday's Pasta, and Friday's Fish. Pancit, fried fajita wraps, fried chicken, spaghetti and meat balls, and blackened Mahi tuna with accompanying sides and a drink are some examples of these themed meals, and they're inspired by Sanchez's experience from working in the food industry across the world.

Jocelyn Sanchez who goes by "Jocy" was originally from Babatnin, a small fishing village on the outskirts of Malolos Bulacan Philippines. In an effort to better her life, Sanchez looked for college and employment that would take her abroad.

While abroad, Sanchez began her culinary based career working for Sheik Khalifa Bin Sultan Al-Khalifa, the royal family in Bahrain. Sanchez began her training under classically trained French chefs who were there to entertain the Royal family's guests.

"I immediately took an interest and showed a natural talent for cooking and thus my culinary adventure began" Stated Sanchez.

It is a skill she has been able to utilize across many part of the globe.



Jocelyn Sanchez
MWR Food and Beverage Manager
U.S. Navy phot by ENS Josh Lamb

Following her husband Keith Sanchez, who is now a retired Navy Electronic Technician to Sigonella Sicily, Sanchez started her own catering business. The business was such a success that the local MWR office began to use it exclusively for major events including dignitary visits, USO tours, and air shows.

Her husband's next duty station brought them to Naval Air Station Pensacola (NASP). While here, Sanchez began to work as the pastry chef and baker for Perdido Beach Resort before becoming the pastry chef and cook at the Pensacola Country Club. Following these two jobs Jocy opened her own restaurant called Jocy's eatery and pastry shop in downtown Pensacola near Corey Station.

From Pensacola Sanchez traveled to Corpus Christi where she began working as a production coordinator at the American Bank Center before her husband's military career took the couple back overseas to Japan. While in Japan Sanchez was the food and beverage business manager for the U.S. Army base at Camp Zama's Army Garrison Golf Club before becoming the club manager of the Officers Club aboard Naval Air Facility Atsugi, approximately 5 miles south of Camp Zama.

After her husband's retirement, Sanchez returned to Pensacola where she worked at the Mustin Beach Club as the kitchen manager on NASP before she began working here at NASWF in May of 2014.

During her career, Sanchez has met a variety of unique individuals and celebrities. While in Corpus Christi, Jocy was able to cook for celebrities including Snoop Dogg, Shakira, Kelly Clarkson, Michelle Kwan, and Ricky Martin. Then, in Japan, Jocy met the 18th Chairman of the Joint Chiefs of Staff General Martin Dempsey, who personally thanked her for her service at the officers club.

Sanchez has achieved success at her many stops working to improve the quality and efficiency. While at Camp Zama Sanchez was able to increase sales by 73% and decrease food costs to 33% of the Camp Zama original budget in just two years through the implementation of a new menu that is still used to this day.

Her catering company in Sicily did so well that "She felt it was necessary" to give back to the community and I donated to scholarships and also to the naval hospi-

- (Cont. on Page 9)

RIMPAC 2014

- (Cont. from Page 3)

Royal Australian Navy Rear Adm. Simon Cullen, CTF deputy commander, said RIMPAC helped international participants hone the skills that are critical to ensuring the safety of sea lanes and security on the world's oceans.

"This was an opportunity for the participating nations to take advantage of the excellent training infrastructure and ranges that are available in the Hawaiian Islands," Cullen said. "It enabled individual units to conduct training that they could not otherwise have in their own waters."

RIMPAC 2014 marked the first time that Japan led the scenario-driven humanitarian assistance/disaster relief (HA/DR) response portion of the exercise that facilitated training and certification for expeditionary forces to respond to foreign disasters as a crisis response adaptive force.

Japan Maritime Self-Defense Force Rear Adm. Yasuki Nakahata served as commander of HA/DR operations.

"Through this exercise, we were able to show a well-coordinated effort similar to the United Nations or a civil/military coordination center and conduct our mission with all pertinence. This is a great step forward for all of Japan and a great impact to an international society," Nakahata said.

RIMPAC 2014 had two new participants this year, Brunei and the People's Republic of China. Additionally, RIMPAC participants who sent a ship for the first time to participate in RIMPAC 2014 included Colombia, India, Indonesia and Norway. This year also marked the first time hospital ships participated in RIMPAC. The Chinese hospital ship, Peace Ark, and USNS Mercy (T-AH 19) conducted personnel exchanges, military medicine exchanges and medical evacuation and mass casualty training, further highlighting the valuable capability hospital ships bring to the Pacific.

With the theme of "capable, adaptive partners" participating nations at RIMPAC 2014 demonstrated the flexibility of maritime forces to meet regional and global challenges for mutual benefit.

For more news from Rim of the Pacific, visit www.navy.mil/local/rimpac/.

Eco-nomics

Recycling containers and packaging containing glass, metal and plastic can also greatly reduce energy usage and pollution. The energy saved from recycling one glass bottle will light a 100-watt bulb for four hours. Manufacturing glass from recycled cullet (broken or waste glass returned for recycling) uses up to 32 percent less energy, reduces related air pollution by 20 percent and water pollution by 50 percent than producing glass from raw materials. Each ton of glass produced from raw materials generates about 385 pounds of mining waste; using 50 percent recycled glass reduces this waste by almost 80 percent.

Recycling and reusing the material in tin cans reduces related energy use by 74 percent, air pollution by 85 percent, solid waste by 95 percent and water pollution by 76 percent. Recycling aluminum soda cans and other aluminum products such as cars and appliances can drastically reduce energy consumption and pollution. Aluminum production from raw materials is an extremely dirty and energy intensive process. Producing aluminum from recycled aluminum consumes 90 percent less energy than producing it from raw materials and generates 95 percent less air pollution. As aluminum is 100 percent recyclable, it is estimated that if all of the aluminum that has been produced throughout history were to be recycled, there would be enough in the world today to sustain all of our manufacturing without the need to produce more from raw material.

*Don't Forget to Visit Us
on Facebook and Twitter
at*

www.facebook.com/naswhitingfield and [@naswf](https://twitter.com/naswf)

News and Notes

Facebook Page -Training Air Wing FIVE now has a Facebook page. Like them at <https://www.facebook.com/#!/TrainingAirWingFIVE/>.

NEX hours - Beginning Friday, August 1, 2014, the Main Navy Exchange will extend hours of operation Tuesday through Friday and remain open until 1800.

Main Exchange Hours:

Sunday Closed
 Monday 0730-1700
 Tues-Fri. 0730-1800
 Saturday 0900-1500

Pensacola ParaCon - The 2014 Pensacola Para Con will welcome special guest of honor, Lou Ferrigno of The Incredible Hulk to this year's annual event, which is being held on Saturday, Aug. 9 and Sunday, Aug. 10 from 10:00 a.m. to 6:00 p.m. Other headliners include Eric Roberts (The Dark Knight), C. Thomas Howell (The Outsiders) and Azim Rizk (Power Rangers: Megaforce).

Other guests include the cast of SyFy's Deep South Paranormal, Ari Lehman (the original Jason Vorhees from Friday the 13th), Taimak Guarriello (The Last Dragon), Michael Krawlic (The X Files/ Star Trek), Erika Eleniak (Baywatch) and many, many more!

The Pensacola Para Con is a convention for fans of science fiction, fantasy, horror, costuming, comics, renaissance, gaming, anime, indie films, paranormal and more. Celebrity meet-and-greets, discussion panels, screenings, demonstrations, workshops and a competition are available to all convention attendees. Everyone will be invited to join the Seville Quarter Para Con Geek Dance Party being held at 7:00pm on Saturday night.

Admission is \$10 and up per person. Children 12 and under are admitted for free. A portion of the proceeds will benefit American Cancer Society's Making Strides Against Breast Cancer. Ask for Active Military Discount at door with ID!

Event organizer, Ericka Boussarhane describes it as, "An



Remembering Mr. and Mrs. Brown

Daisy P. Brown Throne Died Sunday July 6 2014. Throne was 87 years old when she passed away and is the widow to Ensign Jesse L. Brown, the first African American Pilot. Jesse L. Brown Passed away after being shot down in North Korea, on Dec. 4, 1950. The rescue attempts from his wingman Lt. j.g. Thomas J. Hudner were ultimately unsuccessful, but his efforts earned him the Medal of Honor.

Mrs. Brown is seen congratulating Hunder after he received the Medal of Honor 13 April 1951. Official U.S. Navy Photograph, National Archives collections

event that offers something for everyone. We've got anime, manga, film, art, comics, sci-fi, gaming, celebrities and more. I call it the everything and the kitchen sink conference."

This event is being held at the Pensacola Fairgrounds Expo Hall, located at 6655 Mobile Highway, Pensacola, Florida 32526. For complete details on this year's Pensacola Para Con, please visit www.pensacolaparacon.com <<http://www.pensacolaparacon.com>> , email pensacolaevent@aol.com <<mailto:pensacolaevent@aol.com>> or call (850)941-4321.

2014 Horticulture Short Course North - A two-day horticulture course themed "Month-by-Month Gardening" will take place on Aug. 14 - 15 at UF/IFAS Extension Santa Rosa County located at 6263 Dogwood Drive in Milton. Topics include camellias, propagation, stormscaping, bulbs, herbs, diagnosing lawn problems, azaleas, palms, designs for the holidays, pruning fruit trees and native alternatives to invasive plants. Each day check-in begins at 8 a.m. with the program beginning at 9 a.m. and continuing until 4 p.m. Registration for the two day event is \$50 and includes lunch and handouts. Register by downloading the form at: http://ffgc.org/education/images/short_course_north_2014.pdf <http://ffgc.org/education/images/short_course_north_2014.pdf> and mailing your registration to the address at the bottom of the form. Get your registration in early as the course often fills up. This program is courtesy of the Florida Federation of Garden Clubs, Friends of the Garden of NW Florida and UF/IFAS Extension.

Usage Information

Total Used

2,195,368 kWh

	1 Year Ago	Last Month	This Month
Total kWh Used	2,245,533	1,974,525	2,195,368
Average Daily kWh	74,851	63,694	73,179
Days In Billing Period	30	31	30

Energy Conservation

Conserving energy remains an important goal in the operation of Naval Air Station Whiting Field. Steps taken during the past year by Public Works continue to pay dividends in our energy conservation programs. Please help decrease usage even more by remembering to turn off lights, shut down computers and printers, and limit usage of non-essential equipment.

Family Assistance

NAS Whiting Field



AUGUST 2014

TO REPORT A SEXUAL ASSAULT:

Safe Helpline
A confidential and anonymous sexual assault hotline for the DoD Community.
Click: www.SafeHelpline.org
Call: 877-965-5247
Text: 55-247 (inside the U.S.) / 202-470-5546 (outside the U.S.)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Suicide Prevention ACT! Ask Care Treat			NASWF JOB FAIR "OPEN TO THE PUBLIC" 21 August 9:00 am - 3:00 pm Sikes Hall	JOB FAIR Preparation • Resume Writing • Interview Skills • What to Wear	1	2
3	4 JOB FAIR Preparation 8:00 am - 10:00 am	5 SAPR-Civilian Training 9:00 am (Atrium) Active Parenting 1:00 - 3:00 pm	6 Lunch & Learn Communication Skills 11:00 am - 12:00 pm Smooth Move 1:00 - 3:00 pm	7 Chall of FS & Marriage 9:00 - 11:00 am Car Buying 1:00 - 3:00 pm	8 Life Skills Information Booth @ Coffee Shop 7:30 - 11:30 am	9
10	11 JOB FAIR Preparation 10:00 am - 12:00 pm	12 Conflict Management 11:00 am - 12:00 pm Active Parenting 1:00 - 3:00 pm	13 LUNCH Lunch & Learn Anger Management 11:00 am - 12:00 pm	14 Chall of FS & Marriage 9:00 - 11:00 am Money & The Move 1:00 - 3:00 pm	15	16
17	18	19 Lunch & Learn Stress Management 11:00 am - 12:00 pm SAPR-Civilian Training 2:00 pm (Atrium)	20	21 JOB FAIR Sikes Hall 9:00 am - 3:00 pm	22	23
24 31	25 How to Apply for a Federal Job 8:00 am - 10:00 am	26 Lunch & Learn Conflict Management 11:00 am - 12:00 pm	27 Life Skills Information Booth @ Coffee Shop 7:30 - 11:30 am	28 Chall of FS & Marriage 9:00 - 11:00 am New Spouse Orientation 1:00 - 3:00 pm	29 Thrift Savings Plan 9:00 - 11:00 am	30

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(850) 623-7177 (comm.) / 868-7177 (DSN) / (850) 623-7735 (fax)
<https://www.cnic.navy.mil/WhitingField/>

Join us @

www.facebook.com/NASWF.FleetandFamily

Civilians

- (Cont. from Page 2)

an additional two databases. Howell's expertise in handling these electronic materials allowed her to merge three data bases into a single comprehensive one, which resulted in streamlining data collection and saving countless man hours for the entire department. Throughout the quarter Howell handled over 30 military transfers and has universally been praised for making each service member's transition to their next duty station seamless. Howell is known through the command as a 'go to person'. She also currently serves as the secretary for the Civilian Welfare Recreation Association.

Administrative Officer Patricia Speas is one of the many people who works with Howell and notices how her work ethic improves the work environment.

"Ms. Howell's personal excellence has increased the cohesiveness of the admin team," Speas stated. "She is a self-starter whose personal initiative skills and pleasant personality have identified her as being outstanding among all departments."



Alec Granderson
Senior Civilian of the Quarter

As one of the seven air traffic control specialists fully qualified at both North and South Airfields, Granderson's outstanding leadership and ability as a controller have highlighted him at NASWF Operations. As North Tower Facility Watch Supervisor (FWS), Granderson's team of 14 Air Traffic Controllers completed over 16,000 flight operations, 7,500 flight notifications, and 4,000 flight plans. As South Tower FWS, Granderson led 16 controllers in over 14,200 flight operations and 1,500 ground controlled approaches.

Lt. Lela Finnegan works closely with Granderson and often recognizes his second to none dedication to his job.

"Mr. Granderson is a Top Performer!" Finnegan said. "His goal-oriented and energetic attitude continues to ensure the operational readiness of the department and command. He is highly deserving of the recognition afforded by this award."

Both recipients will receive a certificate from the command recognizing their achievements, along with a \$750 prize.

ROAAP drill

- (Cont. from Page 2)

the same time. Initial reports following the drill were mostly favorable.

“What I saw today was a highly motivated team, and it goes throughout the base,” said Capt. Brett W. Calkins, the ROAAP team leader. “The SAPR-related scenario developed by the installation training team was the first of its kind within ROAAP with innovations that will only strengthen future training. While there are a few discrepancies, Whiting Field did a great job and is clearly moving in the right direction.”

The simulated aircraft fire is a drill military bases have performed for decades, but the Sexual Assault Prevention and Response (SAPR) drill reflects the Navy’s continuing emphasis on combating sexual assault in the military. Such drills are relatively recent occurrences, and NAS Whiting Field was one of the first shore installations in the Southeast Region to plan and conduct a sexual assault response drill when they held their first one last September.



Lt. Chau Luu, HT-18’s victim advocate is talking with Jennifer Walker a civilian victim advocate who played the role of the assaulted victim during the SAPR portion of the training evolution. U.S. Navy Photo by Lt. j.g. Brett Resue.

This particular drill followed the script of a military officer assaulting a female civilian employee with a passerby hearing the altercation and reporting the assault to proper officials. The victim fled the scene and the suspect then barricaded himself in his room and ultimately took his life. The scenario required response by NAS Whiting Field security forces, emergency response teams, a Victim’s Advocate (VA), NCIS, mobilization of

- (Cont. on Page 12)

TRICARE Notes

PROTECT CHILDREN WITH IMMUNIZATIONS

August is Immunizations Month! Getting timely immunizations is one of the most important steps you can take to protect your child’s health. TRICARE covers age-appropriate vaccines, as recommended by the Centers for Disease Control and Prevention (CDC). To review immunization recommendations, visit www.cdc.gov/vaccines.

To learn more about TRICARE’s school-physical coverage, well-child benefit and immunization coverage, visit www.tricare.mil.

A BOOSTER SHOT OF TRICARE INFO

Immunization is a key weapon in the fight against disease. Preventing disease is an important part of readiness for military members, and a cornerstone of health for TRICARE families and retirees. Since August is Immunization Awareness Month, it’s a great time for TRICARE beneficiaries to inventory their family’s shot records.

TRICARE covers the seasonal flu and age-appropriate doses of vaccines recommended by the Centers for Disease Control and Prevention (CDC). Beneficiaries can receive seasonal flu and pneumonia vaccines at no cost.

TRICARE regularly adds coverage for new vaccinations based on CDC recommendations. For more information about the vaccines recommended by CDC, go to www.cdc.gov/vaccines.

To visit the Military Health System Immunization Awareness page, go to www.health.mil/Themes/Immunization.aspx.

WHAT YOU DON’T SEE CAN HURT YOU

Oftentimes, many assume poor eyesight is a natural part of growing old. It is true that low vision and blindness increase significantly in people over age 65, yet, age-related eye diseases, such as cataracts, can start developing in people as young as 40. Maintaining good eyesight is important to everyone, regardless of their age.

August is Cataract Awareness Month and TRICARE is encouraging all beneficiaries who have a sudden change in vision to see an eye professional. Getting an eye exam is still a smart idea for anyone, whether or not you have vision problems, such as cataracts.

Find out more about TRICARE vision benefits at www.tricare.mil and click on “See What’s Covered” under the “I want to...” tab. Scroll down to Eye Exams. Learn about eye health and protection at the National Eye Institute’s website at www.nei.nih.gov.

Around the Base

Sanchez

- (Cont. from Page 4)

tal.

These events however, are not the most rewarding experience Jocy has while working in the food industry. The most gratifying thing Sanchez has done this far is cooking for over 8,000 evacuees displaced to Texas following hurricane Katrina.

Sanchez hopes to bring these types of successes to NASWF and continue to support continues to support the military family as a result of her husband's career. "I have found that military members and their families have a different outlook on life, and treat each other as family, especially overseas where families can be separated by thousands of miles. This closeness, sense of community, and willingness to help each other was very helpful and appreciated during my husband's time in the service. SO, this is my way of giving back, by lending a helping hand and supporting our military family."



Jocelyn Sanchez and Desiree Hubbard preparing chicken enchiladas for the Mexican themed lunch special on Tuesdays. U.S. Navy photo

SECURITY CHECKPOINT

CRIME PREVENTION



It's that time of year that is hot and muggy so we are off to the beach, park, fishing and other recreational activities. We dress for the weather by wearing shorts, t-shirts, flip flops, and clothing that doesn't have any pockets. We don't want to carry our wallets or purses

while we are out and about because we are out having fun and don't want to lose them or other things we carry with us. Many of us leave these items in our vehicles, sometimes in plain sight. While you're out having fun, so are the criminals. If you choose to leave these items in your vehicle, don't leave them in plain sight. Lock them in the glove box, center console or trunk. Be aware who's around you when you leave items in your vehicle. When going shopping, we tend to leave our bags in our back seats and continue shopping at other stores; thinking that no one will bother our vehicle. Unfortunately, to our surprise, we come out to our vehicle which used to have a window and our bags are gone. When you're leaving one store and know you're going to another, take time to put your items in the trunk and again, be aware who's around you while doing this. So don't help criminals help themselves; plan ahead and be aware. Have a safe and wonderful summer.

LAZY IRONMAN TRIATHLON
August 1st - 31st
This fitness incentive program is based on the distance of an ironman triathlon.

SWIM (or row) 2.4 MILES	BIKE 112 MILES	RUN 26.2 MILES
--	------------------------------	------------------------------

Log your miles on your tracking sheet of all the distances you complete on base.

Everyone is eligible to participate. Just complete all the distances within the dates of the program and you will win a prize!

Call the Fitness Center at 623-7412

NAS Whiting Field Golf Course
GOLF SPECIALS
Information 623-7348
July & August

MWR
NAS WHITING FIELD

Twilight Hours
◆ Begin at 2pm - everyday!

Military Mondays (18 holes with cart)
◆ Active Duty only \$14 - All Others only \$18

Wednesday (18 holes with cart + a meal for \$21)
◆ 2 hot dogs, a bag of chips & a soft drink

Thursday (BOGO Range Balls \$3)
◆ Purchase 1 bucket of range balls & get another bucket of balls free (for use on our driving range - until 2pm)

From TRAWING-5

Congratulations to TRAWING-5 Wingers



Back Row: Cmdr. Robert G. Sinram, USN, Commanding Officer HT-8; Lt. j.g. John R. Borneman IV, Lt. USN; Ensign Alexander P. Natarajan, USN; Lt. Matthew D. Poore, USCG; Lt. j.g. Charles E. Gehrke, USN; Lt. j.g. Christian R. Soncini USN, and Capt. Joseph P. Kelly, USCG.

Middle Row: Cmdr. Kevin Pickard, Jr., USN, Commanding Officer HT-18; 1st Lt. Matthew W. Cahill, USMC; Lt. j.g. Alex R. Webber, USCG; 1st Lt. Matthew D. Noel, USMC; Lt. j.g. Andrew D. Gsell, USN; 1st Lt. Robert A. Handley III, USMC, and Col. Gary A. Kling, USMC, Executive Officer TRAWING-5

Front Row: Cmdr. Jeffery D. Ketcham, USN Executive Officer HT-28, USMC, Commanding Officer HT-28; 1st Lt. Austin W. Hartz, USMC; Lt. j.g. Feras A. Al-Rayes, RSNF; 1st Lt. Jeffery D. Snyder, USMC; Lt. j.g. Robert E. Swain III, USN; 2nd Lt. Joseph C. Lerro, USMC, and Lt. j.g. Sarah H. Brown, USN.

Congratulations to TRAWING-5 Scholars



Training Air wing FIVE recognized their academic achievement award recipients Friday July 25. From left to right: Ensign Slawomir Glownia, USN; Ensign John G. Weisskopf, USN; 1st Lt. Theodore J. Hardee, USMC; Lt. j.g. Taylor J. Sultz, USN; Lt. j.g. Dustin S. Faux, USCG; Ensign Mark A. Merkley, USN; 1st Lt. Andrew G. Kimble, USMC, and Lt. j.g. Wryan Webb, USCG.

Clear Creek RV Park a success in opening months

By: Nathan A. Boyar, 1st Lt. USMC

Success at the Morale, Welfare, and Recreation (MWR) RV Park has staff excited about the future for the park. Averaging around a 70 percent occupancy rate, the park has proven itself as an asset to the government service community.

“When I arrived in 2012, and heard of the project, I had a great feeling about it. I think our current success is just the beginning,” Recreation Program Manager of MWR Don Inman said.

The 10-site park is surrounded by Santa Rosa County’s beautiful natural resources.

All sites measure 20’x40’ and provide full hook-ups (water, sewer, electrical) with 30/50 amp electrical. The bathhouse and laundry facility offer convenience to the camping experience.

Confirmation of the parks development required jumping a few obstacles.

“Our Clear Creek RV Park was a long time in the making, as the original concept was developed in 1995. There was a demand, and we stayed on task to fulfill our customer’s desires,” Inman of MWR stated.

The project was shelved for many years but was picked back up in 2009. Clear Creek RV Park officially opened in March of 2014.

Since its opening the RV Park has been featured on US Military Campgrounds and RV Parks, as well as Department of Defense Lodging.

The cost and location of Clear Creek RV Park highlight it to meet the niche of traveling active duty, retiree trav-



Clear Creek RV Park is surrounded by Santa Rosa County’s beautiful natural resources. Amenities include a laundry facility, bathhouse, and access to base facilities.-Photo courtesy of MWR

elers, and geographical Bachelors vacationing or staying in the Milton, Fla. area.

“This new addition to the Navy’s RV Parks system provides just one more opportunity for our patrons to find convenient stops along a vacation route, stays in the comfort and security confines of a military base, and offers a chance to get away from busy day-to-day life,” MWR Director Joseph Vukovcan emphasized.

The park is close to other outdoor recreational opportunities such as walking and hiking trails, golfing, off-road biking, sports fields, fishing, and is convenient

to other amenities. Travelers have easy access to the local Navy Exchange, commissary, barber shop, swimming pool and a state of the art fitness center on base. The large inventory of equipment from Outdoor Adventure, such as canoes and kayaks, bikes, campers, and camping supplies may be rented from MWR.

“To date we have seen steady occupancy rates, and as more people find out we are here, I anticipate that to increase,” Inman said about the future of the park. “We hope to expand our number of sites in the future, but in the short term, MWR is working on ideas such as primitive camp sites and miniature cabins.”

Clear Creek RV Park is just outside the main gate of NAS Whiting Field. It is a 20 minute drive from Interstate 10, approximately 8 miles north Hwy 90. The rates are: \$20 per day, \$115 per week and \$350 per month for active duty and retirees and \$24 per day, \$135 per week, and \$400 per month for other authorized patrons.

NAS WHITING FIELD BOWLING CENTER

FRIDAY LUNCH BOWLING

11AM – 2PM

IF YOU EAT, YOU GET TO BOWL FOR FREE!

HERE'S THE DETAILS ...
PURCHASE OUR FRIDAY LUNCH SPECIAL AND HAVE A FREE GAME ON US ...

MWR
MORALE, WELFARE, RECREATION

MWR
NAS WHITING FIELD

FOR MORE INFORMATION CALL THE BOWLING CENTER 623-7930

Prizes

- *2 long drives
- *2 closest to pins
- *Multiple door prizes
- *Hole in one contest **WIN A CAR**

2014 NAS WHITING FIELD NAVY BALL GOLF TOURNAMENT

22 AUGUST 0900 SHOTGUN START

- *\$35 entry fee gets you greens fees, cart, range balls, lunch
- *4 man best ball format
- *Limited to the first 100 people to sign up
- *All proceeds go to the 2014 Navy Ball

*Please register your team NLT 15 August
*Lunch includes Burgers, Hot Dogs, Chips, Fries, Drinks
*Inclement weather make up day is 3 September

POC is CDR JD McByde
#15410
Phone: (757) 270-4296
Email: JDMcByde44@gmail.com

Around the Base

ROAAP drill

- (Cont. from Page 8)

Fleet and Family Support Center counselors, and Emergency Operation Center (EOC) activation. Primary emphasis was on the care of the victim and safety of any bystanders.

Such a drill encompasses a lot of moving parts and involves a number of different organizations both on and off the base. According to the NASWF SAPR Coordinator Kristin Klein, that's why the drills are so important.

"The drills help us ensure the system is working as it should," she stated. Fortunately there are very few opportunities to respond to real world situations here, and the exercises help make sure we and our VAs are ready and can respond seamlessly."

The overall response to the scenario was praised by the inspection team, and garnered attention from NAS Whiting Field Commanding Officer Capt. Matthew Coughlin, who praised not only their actions during the drill, but in managing the program overall.

"Our SAPR team does a great job executing the program and training both installation and tenant personnel. Their efforts are vital toward ensuring we are able to minimize the risk of sexual assault and responding should one occur. This exercise shows that we are improving in our capabilities, and although I hope I never need to deploy the team, I have confidence in their ability to react appropriately such that the victim's care and safety are paramount.

AVIATION 500 METER SWIM CHALLENGE

Thursday August 21st 1100 - 1300



Snacks for all participants!

Join us for our August Swim Challenge!



Call the Fitness Center at 623-7412



FLORIDA DEPARTMENT OF VETERANS' AFFAIRS
Honoring those who served U.S.

Governor's Veterans Service Award

You're Invited!

Ceremonies Honoring Florida's Veterans and Military Members

EVENT DETAILS

<p>Veterans & Military Personnel are Strongly Encouraged to RSVP:</p> <p>http://rsvp.myflorida.com</p> <p>Use RSVP Event Code to Register.</p> <p>Questions? Call (850)717-9207</p>	<p>CRESTVIEW</p>
<p>AUGUST 12</p>	<p>Crestview National Guard Armory 1518 East James Lee Blvd Crestview, FL 32539 RSVP Code: "CRESTVIEW"</p>
<p>WHEN</p>	<p>2:00 p.m. (CDT)</p>
<p>REGISTRATION</p>	<p>1:00 p.m. (CDT)</p>
<p>Governor's Veterans Service Award Medal</p> 	<p>Note: Veterans must provide some form of identification that validates their veteran status.</p> <p>Includes: DD214, VA ID Card, Retirement ID, Military ID, etc.</p>
<p>ATTIRE</p>	<p>Business attire recommended. Veteran Service Organization attire is welcome.</p>

To honor Florida's more than 1.5 million Veterans.

Mulligans Grill at the Golf Course

Asian



MONDAY

MEXICAN



TUESDAY

Chicken



WEDNESDAY

Daily Lunch Specials
\$7⁵⁰
Includes a drink

call in orders welcome
623-7521

Pasta



THURSDAY

FISH



FRIDAY

The weekly menu will be announced a week in advance.
Each day will feature one of several different themed items on a rotating basis.

www.FloridaVets.org

CAPTAINS CUP 2014-2015 UPCOMING EVENTS

<p>Aug. 6, 2014</p> <p>Indoor Volleyball Tournament</p> <p>1630 in the Fitness Center</p>	<p>Aug. 13, 2014</p> <p>H.I.I.T Challenge</p> <p>1630 @ Fitness Center</p>	<p>Aug. 27, 2014</p> <p>Bench Press Competition</p> <p>1630 in the Fitness Center</p>	<p>Sept. 23, 2014</p> <p>Flag-Football</p> <p>Coaches meeting Sept. 10 1330 MWR conference room Season to begin Sept. 23</p>
<p>Sept. 24, 2014</p> <p>Horseshoes Tournament</p> <p>1630 at the Sports Complex</p>	<p>Oct. 8, 2014</p> <p>Tournament</p> <p>1630 held at the Softball Field</p> <p>WIFFLE BALL</p>	<p>Oct. 22, 2014</p> <p>DODGEBALL</p> <p>1630 in the Fitness Center</p>	<p>Nov. 12, 2014</p> <p>Punt, Pass, and Kick Competition</p> <p>at the MWR Sports Complex football field at 1630</p>
<p>Dec. 3, 2014</p> <p>3 on 3 Basketball Tournament</p> <p>1630 in the Fitness Center</p>	<p>Dec. 10, 2014</p> <p>5k Fun Run</p> <p>Starts at 1100 at the Fitness Center</p>	<p>Jan. 21, 2015</p> <p>Basketball</p> <p>Coaches Meeting 14-Jan (MWR Conference Room) season to begin 21-Jan</p>	<p>Jan. 28, 2015</p> <p>Soccer</p> <p>Coaches Meeting Jan. 21 (MWR Conference Room) Season to begin 28-Jan</p>
<p>Feb. 7, 2015</p> <p>Darts/Billiards Tournament</p> <p>At the Liberty Center 1630</p>	<p>Feb. 25, 2015</p> <p>KICKBALL Tournament</p> <p>1630 at the softball fields</p>	<p>Mar 18, 2015</p> <p>Golf</p> <p>Coaches meeting 11-March 1330(MWR Conference Room) season to begin 18-March (golf course)</p>	<p>Mar 25, 2015</p> <p>Badminton Tournament</p> <p>In the Gym 1630</p>
<p>Apr 15, 2015</p> <p>Softball</p> <p>Coaches Meeting 1330 1-Apr (MWR conference Room) season to begin 15-Apr (softball fields)</p>	<p>Apr 28, 2015</p> <p>TABLE TENNIS TOURNAMENT</p> <p>1600 at the Liberty Center</p>	<p>May 13, 2015</p> <p>4 on 4 VOLLEYBALL TOURNAMENT</p> <p>MWR Sports Complex Volleyball Pits 1630</p>	<p>May 27, 2015</p> <p>Disc Golf Tournament</p> <p>1630 at the Disc Golf course (outside the front gate)</p>
	<p>June 10, 2015</p> <p>FLAG FOOTBALL</p> <p>4 on 4 Tournament</p> <p>1600 at the Football Field</p>	<p>June 24, 2015</p> <p>RAQUETBALL TOURNAMENT</p> <p>1630 at the Fitness Center in the Racquetball Court</p>	

If your squad/dept. would like more information or to enter a team in the league please contact Sports Coordinator by phone at (850) 665-6102 or (850) 623-7670